



Breastfeeding: The Gold Standard

A Community of Support

Featuring:

- Marianne Neifert, MD, FAAP • Amy Spangler, RN, MN, IBCLC
- Diane Wiessinger, MS, IBCLC • Rebecca Saenz, MD, IBCLC, FABM

Thursday & Friday — April 10-11, 2003
Crowne Plaza Hotel • Jackson, Mississippi

Co-Sponsored By:

La Leche League of Alabama, Mississippi & Louisiana
Mississippi State Department of Health WIC Program

In Cooperation with the University of Mississippi Medical Center
Endorsed by the Mississippi Chapter of the American Academy of Pediatrics

The sixth annual **Breastfeeding: The Gold Standard** conference offers healthcare providers a golden opportunity to receive valuable information, tools and resources to support breastfeeding mothers and babies. This outstanding seminar at the beautiful Crowne Plaza Hotel in downtown Jackson, Mississippi, provides two days of excellent presentations by renowned lactation experts including Dr. Marianne Neifert, MD, FAAP, “Dr. Mom”, Amy Spangler, RN, MN, IBCLC, Diane Wiessinger, MS, IBCLC and Rebecca Saenz, MD, IBCLC, FABM, Head of the University of Mississippi Medical Center Breastfeeding Consult Service.

Note: Because of the impressive array of speakers and topics being presented, participants are encouraged to register early to sign up for desired sessions. As a special bonus, the first 100 registrants (at the Health Care Provider rate) will receive a coupon worth 20 percent off selected items in the conference bookstore. See registration coupon for details.

La Leche League International’s mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information and education, and to promote a better understanding of breastfeeding as an important element in the health development of the baby and the mother.

Founded in 1956, LLLI reaches over 200,000 women in 66 countries every month with information and mother-to-mother support and is recognized as the world’s foremost authority on breastfeeding.

Planning Committee:

Amy Burrow, RN, MSN
Ann Marie Carlyle, BA, IBCLC
Cathy Carothers, BLA, IBCLC, CLE
Kendall Cox, BA, IBCLC, LLLL
TaWanda Ferrill, BS, IBCLC
Camille Foretich, BS, IBCLC, CHES, LLLL
Hazel Gaines, RN, BSN
Cheryl Lloyd, RN, IBCLC
Rebecca Saenz, MD, IBCLC
Cher Sealy, RN, IBCLC
Keitha Whitaker, BS, IBCLC, MSW, LLLL
Lisa Wilson, BA, LLLL
Amy Winter, RD, MPH
Caryn Womack, BS, IBCLC
Laura Wright, BS, IBCLC, LLLL
Karen Zeretzke, MEd, IBCLC, RLC, LLLL

**Breastfeeding:
The Gold Standard**

In compliance with the WHO Code of Marketing of Breastmilk Substitutes, this program does not receive funding from artificial baby milk companies.

Breastfeeding: The Gold Standard

Thursday, April 10, 2003

9 a.m.–12 p.m. Registration - Crowne Plaza Mezzanine

12:30-1:45 p.m. Welcome and Opening General Session

G1 Critical Factors for Early Breastfeeding Success

A review of the clinical management of breastfeeding from prenatal preparation through initiation and early postpartum follow-up, exploring factors for evaluating the onset of breastfeeding and early intervention strategies to promote breastfeeding success.

Marianne Neifert, MD, FAAP

1:45-2:00 p.m. Break

2:00-3:30 p.m. Afternoon Breakout Sessions

101 The Importance of Step Ten of the Baby-Friendly Process: Establishing Support Groups and Referring Mothers to Them

(Repeated: See session 205)

A look at how women learn, cultural influences on the learning process, and the role support groups can play in contributing to a mother's success at nursing her baby.

Diane Wiessinger, MS, IBCLC

102 Increasing Duration Rates of Breastfeeding

How to keep women breastfeeding can be a challenge for breastfeeding educators and counselors. This session explores psychological, physiological, and social reasons for early cessation of breastfeeding, including factors lactation consultants cannot easily influence, as well as those risk factors that consultants can impact. Practical strategies successfully used around the country to address these issues will be covered as well as the connection between confidence and ability to cope with breastfeeding problems, particularly as it relates to low-income women. The six critical “windows” for weaning will also be addressed, with practical strategies for supporting mothers through each pivotal time period.

Cathy Carothers, BLA, IBCLC

103 Mastering the Art of Teaching Without Preaching

(Repeated: See session 403)

Learning is an essential component of human adaptation. Knowledge of techniques for learning and types of learners facilitates effective teaching. Participants will be exposed to a variety of teaching materials and methods. Emphasis will be placed upon the importance of assessment of participant needs preliminary to teaching.

Amy Spangler, RN, MN, IBCLC

104 **How the Breast Makes Milk**

A discussion of the “new” anatomy of the breast and how it makes milk, including the latest information reported by lactation researcher Peter Hartmann, PhD, professor of biochemistry at the University of Western Australia.

Karen Zeretzke, MEd, IBCLC, RLC

3:30-3:45 p.m.

Break

3:45-4:45 p.m.

General Afternoon Session

G2 **Breastfeeding Management in the First 14 Days**

Participants will acquire breastfeeding management skills based on normal newborn behaviors. Emphasis will be placed on meeting the needs of mothers, infants, and families within a framework of policies and procedures to support exclusive breastfeeding.

Amy Spangler, RN, MN, IBCLC

4:45-5:30 p.m.

Hotel check-in, free time

5:30-7:30 p.m.

Dinner and Evening Session

G3 **Improving the Quality of Your Journey, Part 1**

Virtually everyone knows the feeling: Too much to do and too little time or energy to do it all well. Juggling professional and personal responsibilities can create uncomfortable role overload. This informative, entertaining, and inspiring session will address the universal quest of contemporary life—finding a balance. *Dr. Mom's* practical strategies will help equip you to identify your governing values, establish priorities, reduce stress, encourage healthy risk-taking, and promote self-care.

Marianne Neifert, MD, FAAP

8:00-9:00 p.m.

Evening Optional Session

G4 **When a Baby Dies, So Does a Piece of His Mother**

Perinatal loss is a devastating grief to a family. Participants will explore insights into the process of family bereavement along with sensitive action and steps to facilitate a healthy adjustment as well as options for lactation management.

Geralyn Gray-Lewis, RN, BSN, IBCLC

There will also be a book signing on the mezzanine as well as networking opportunities and several special spa activities on Thursday evening.

Friday, April 11, 2003

6:30-9:30 a.m.

Registration - Crowne Plaza Mezzanine

7:00-9:00 a.m.

Continental Breakfast

7:30-8:30 a.m.

Early Bird Session

G5 **The Mechanics of Latch**

A review of how we learn about latch including lively demonstrations using water

balloons, hand puppets and fat sandwiches to help both experienced and novice breastfeeding counselors assist mothers in positioning baby at breast.

Diane Wiessinger, MS, IBCLC

Morning Breakout Sessions

- 9:00-10:30 a.m.
- 201 **The Best Start 3-Step Counseling Strategy – Part 1**
Discover simple, effective principles to help identify a mother's breastfeeding concerns. This highly motivational session is provided in an interactive format with practical counseling strategies that work no matter what health issue you are addressing. This training has been adopted as the standard counseling training for the La Leche League Peer Counselor Training Program. Session limited to 50 participants. *NOTE: This session is Part 1 of a two-part workshop—see session 301.*
Cathy Carothers, BLA, IBCLC
- 202 **Mother's Body Knows Best: Nutritional Differences between Breast Milk and its Substitutes**
This session will compare human milk with its substitutes in regards to carbohydrate, protein, and fat content as well as explore differences in micronutrient levels, enzymes, and multifunctional constituents.
Rebecca Saenz, MD, IBCLC, FABM
- 203 **Infant Test Weights**
A look at interpreting infant test-weight data and applying the results in practice. Includes indications for doing test-weights, myths and misunderstandings about test-weights, how to accurately perform the procedure, and the interpretation of test-weight results. Case studies are used to illustrate the application of test-weight data in clinical practice.
Marianne Neifert, MD, FAAP
- 204 **Breastfeeding Management at Home and Beyond**
Research indicates that once a mother is discharged from the hospital the most critical weaning period is the first few weeks. Discussion will include the role and responsibilities of the healthcare provider in supporting breastfeeding beyond the first week. Included will be red flag indicators all parents should know, intervention strategies if breastfeeding is ineffective, ways to reinforce realistic expectations as well as a timeline for mothers who are returning to work outside the home.
Amy Spangler, RN, MN, IBCLC
- 205 **The Importance of Step Ten of the Baby-Friendly Process: Establishing Support Groups and Referring Mothers to Them**
(Repeated: See session 101)
A look at how women learn, cultural influences on the learning process, and the role support groups can play in contributing to a mother's success at nursing her baby.
Diane Wiessinger, MS, IBCLC
- 10:30-10:45 a.m. Break

Breakout Sessions
10:45 a.m.-12:15 p.m.

301 **The Best Start 3-Step Counseling Strategy – Part 2**

Part two of the motivational counseling training session with practical ways to put the counseling strategies into everyday practice. (Please note: This is the second part of a two-part workshop—see session 201 above. Attendees must attend Part 1 before participating in this session).

Cathy Carothers, BLA, IBCLC

302 **Anesthesia and Breastfeeding** (*Repeated: See session 404*)

Information on the drugs commonly prescribed during the perinatal period and their impact on the breastfeeding infant. A review of the physiology of anesthetic medications, their transmission to the fetus as well as their entry into breast milk will also be included.

Richard Ogletree Jr., Pharm.D.

303 **Troubleshooting Breastfeeding Problems**

The prevention, recognition, and clinical management of common maternal and infant breastfeeding difficulties.

Marianne Neifert, MD, FAAP

304 **The Reluctant Nurser**

A look at reasons why a baby could be hesitant to breastfeed or refuse the breast as well as several solutions for these situations.

Karen Zeretzke, MEd, IBCLC, RLC

305 **Feeding the Littlest Angels:
Enabling Breastfeeding in the NICU**

Exploring reasons premature infants especially need their Mother's Own Milk, and ways to facilitate both human milk feedings and the transition to direct breastfeeding.

Rebecca Saenz, MD, IBCLC, FABM

12:15-1:45 p.m.

Luncheon Session

G6 **Watch Your Language**

A discussion of the need to see the breastfed baby, not the formula-fed baby, as *the* norm; the standard by which all measurements should be taken. Words like “still”, “but”, “formula rep”, “natural”, and “special” all take on different meanings, depending on what is used as the starting norm.

Diane Wiessinger, MS, IBCLC

1:45-2:00 p.m.

Break

Afternoon Breakout Sessions

2:00-3:30 p.m.

401 **Supporting Breastfeeding in Babies with Jaundice or Hypoglycemia**

This session will discuss various mechanisms of neonatal jaundice and low blood sugar, along with treatments that facilitate rather than endanger breastfeeding.

Rebecca Saenz, MD, IBCLC, FABM

402 **The Nutritionist's Role in Facilitating Breastfeeding**

The A to Z of Nutrition and Breastfeeding: All those common questions that nutritionists are asked about breastfeeding as well as some of the issues that occur with patients, their families or their healthcare team.

Kathy Dugas, RD, MS

403 **Mastering the Art of Teaching Without Preaching**

(Repeated: See session 103)

Learning is an essential component of human adaptation. Knowledge of techniques for learning and types of learners facilitates effective teaching. Participants will be exposed to a variety of teaching materials and methods. Emphasis will be placed upon the importance of assessment of participant needs preliminary to teaching.

Amy Spangler, RN, MN, IBCLC

404 **Anesthesia and Breastfeeding** *(Repeated: See session 302)*

Information on the drugs commonly prescribed during the perinatal period and their impact on the breastfeeding infant. A review of the physiology of anesthetic medications, their transmission to the fetus as well as their entry into breast milk will be included.

Richard Ogletree Jr., Pharm.D.

405 **Lactation and Natural Family Planning**

This session will include a discussion of the physiology of Lactational Amenorrhea as well as Natural Family Planning which alerts women to the approach of ovulation.

Geralyn Gray-Lewis, RN, BSN, IBCLC

3:30-3:45 p.m.

Afternoon Break

3:45-4:45 p.m.

Closing Session

G7 **Improving the Quality of Your Journey, Part II**

Dr. Neifert will conclude our conference with Part II of her presentation on finding balance in our hectic lives (see session G3 above for full description).

Marianne Neifert, MD, IBCLC

4:45-5:00 p.m.

Evaluations and Door Prizes

Meet Our Distinguished Faculty

Marianne Neifert, MD, FAAP

Dr. Neifert, also known as *Dr. Mom*, is a pediatrician, nationally recognized expert in lactation management, and co-founder and medical consultant to the HealthONE Alliance Lactation Program at Rose Medical Center in Denver. She is a clinical professor of Pediatrics at University of Colorado Health Sciences Center and a diplomate of the American Board of Pediatrics. She was a member of the American Academy of Pediatrics Task Force on Breastfeeding (now the AAP Section on Breastfeeding), and is a founding member of the Academy of Breastfeeding Medicine, a member of the Health Advisory Council of La Leche League International, and past director of the Colorado Breastfeeding Task Force. In addition, she is a part-time graduate student at Iliff School of Theology in Denver, where she is pursuing her Master's of Theological Studies. Dr. Neifert has authored four child-rearing books, *Dr. Mom: A Guide to Baby and Child Care*, *Dr. Mom's Parenting Guide*, *Dr. Mom's Guide to Breastfeeding*, and *Dr. Mom's Prescription for Preschoolers*. Dr. Neifert has published numerous articles in the medical literature on the topic of breastfeeding and lactation management and has lectured in 45 states. She is the recipient of the 1998 Friend of WIC Award by the National Association of WIC Directors.

Amy Spangler, RN, IBCLC

Amy Spangler earned her bachelor's degree in nursing from Ohio State University and her master's degree in maternal and child health from the University of Florida. She is a board certified lactation consultant (IBCLC) and a past president of the International Lactation Consultant Association. Amy currently serves as the Chair of the United States Breastfeeding Committee. She is the author of *BREASTFEEDING, A Parent's Guide*, *BREASTFEEDING, Your guide to a healthy, happy baby*, and *Evidence-Based Guidelines for Breastfeeding Management during the First Fourteen Days* as well as numerous other publications. Amy lectures extensively on a wide variety of maternal and child health topics. Her educational materials are distributed widely in a variety of languages. Amy lives in Atlanta, Georgia with her husband Dennis, a physician, and their two sons, Matthew and Adam.

Diane Wiessinger, MS, IBCLC

Diane Wiessinger's (WEE-sing-er) reports her training as an animal behaviorist and naturalist didn't help her much with her first child, who was born in 1979; she still timed those early feedings with a stop watch! A master's thesis on dustbathing behavior in Bobwhite quail is perhaps not the ideal preparation for breastfeeding. She slid into La Leche League involvement as a thank you for their help with a nursing strike, and became a Leader in 1985. She became an IBCLC in 1990, largely because she honestly thought that she could find an answer to any breastfeeding question if she just looked in the right book, and eventually she had most of the books. Around 1992, Diane entered into private practice, and allowed it to grow at its own pace along with her two children. She transferred her quest for the perfect book to a quest for the perfect handout, and now self-publishes 45 handouts under the business name Common Sense Breastfeeding. Her second and last child is in college now, and neither she nor her husband is taking it well. They have tried replacing their children with a new couch and a new guest room, but Diane gets more satisfaction from trying to replace them with talks like this one. Her special interests are the language we use when we talk about breastfeeding, the techniques we use to latch a baby on, and, going back to her roots with La Leche League, the critical importance of mother-to-mother breastfeeding support.

Rebecca B. Saenz, MD, IBCLC, FABM

Dr. Rebecca Saenz is associate professor of Family Medicine at the University of Mississippi Medical Center and founder/director of the UMC Breastfeeding Consult Service. A board certified lactation consultant, she is a diplomate of the American Board of Family Practice, and served on the American Academy of Family Physicians Workgroup on Breastfeeding Position Paper. Dr. Saenz has been an active member of the Academy of Breastfeeding Medicine for five years, and was named to its inaugural class of Fellows in 2002. She is also a member of the board of directors for the Mississippi Breastfeeding Coalition. Most importantly, Becky is the mother of two breastfed children. This is her fifth year to speak at our conference.

Cathy Carothers, BLA, IBCLC

Cathy Carothers is outreach coordinator for Best Start Social Marketing, a national nonprofit organization with expertise in social marketing campaigns for health

programs. She travels nationwide providing training and technical assistance to WIC Programs and healthcare groups on breastfeeding, counseling and social marketing, and serves as Best Start's representative to the United States Breastfeeding Committee. She is project coordinator for the national USDA project, "Using Loving Support to Build a Breastfeeding-Friendly Community." A board certified lactation consultant, she served as the State WIC Breastfeeding Coordinator for the Mississippi WIC Program, directing the state's comprehensive breastfeeding promotional campaign that resulted in dramatic breastfeeding rate increases and earned the state the "National WIC Award" in 1998. Cathy is also the founding president of the Mississippi Breastfeeding Coalition. She and her husband, Davis, are the parents of five breastfed children.

Kathy Dugas, RD, MS

Kathy Dugas is a graduate of the University of Southern Mississippi where she received her Bachelor of Science degree in Dietetics and her Masters degree in Institution Administration. Most of her career has been in public health. Kathy was the nutrition coordinator of the Mississippi WIC Program for 18 years and was very involved with the breastfeeding program. She served as chair of the USDA Breastfeeding Committee which worked on the federal regulations mandating much of the breastfeeding activities currently in place for the WIC Program. Kathy is now working part-time with Jackson Hinds Comprehensive Health Center providing WIC assessments and certifications in Head Start Centers.

Geralyn Gray-Lewis, RN, BSN, IBCLC

Gerry is a graduate of Seton Hall University where she received her BSN. She is an RN, IBCLC and has been the director of the Natural Family Planning Program at River Oaks Health System for over 12 years. She has been married to her husband Victor for 24 years. They are the parents of nine children, six daughters and three sons. Gerry has been very active in the Mississippi Breastfeeding Coalition since its inception and has also worked for the WIC Breastfeeding Program.

Richard L. Ogletree Jr., Pharm.D.

Dr. Richard Ogletree is coordinator of investigational drugs and controlled substances for the Department of Pharmacy Services at the University of Mississippi Medical Center and clinical assistant professor of Pharmacy Practice at the UMC School of Pharmacy. Dr. Ogletree is the editor and a regular contributor of articles to *UMC Pharmacy News* and provides

education to residents, staff and students in the medical, nursing and pharmacy programs. His teaching responsibilities include educating about herbal medicine. He has been recognized as "Hospital Pharmacist of the Year" by the Mississippi Society of Pharmacists and is co-author of *Physicians' and Pharmacists' Guide to the Top Ten Scientifically Proven Natural Products*. Dr. Ogletree is making his third appearance at the "Breastfeeding: The Gold Standard" conference.

Karen Zeretzke, MEd, IBCLC, RLC

Karen Zeretzke is a board certified lactation consultant in private practice in Baton Rouge, Louisiana. She is a past president of the Louisiana Lactation Consultant Association, co-founder of the Louisiana Breastfeeding Task Force and an active member of the Greater Baton Rouge Breastfeeding Coalition. She is a long-time La Leche League Leader and has served La Leche League of the Eastern United States as healthcare provider seminar administrator. She and her husband, Fred, are the parents of eight children, all breastfed, but now all weaned, ranging in ages 33 to 14.

Continuing Education

An application has been submitted to the Mississippi State Department Of Health as an approved provider of continuing education in nursing by the Mississippi Nurses Foundation, which is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Center Commission on accreditation.

“Approved status refers only to continuing nursing education activities and does not imply MSDH, MNF or ANCC Commission on Accreditation approval or

endorsement of commercial products.”

Up to 15.6 CERPs (6.6 for Thursday, 9.0 for Friday) have been applied for through La Leche League of the Eastern United States through a providership from the International Board of Lactation Consultant Examiners.

Up to 15 continuing education hours have (7 for Thursday and 8 for Friday) been applied for through the American Dietetic Association.

Conference Features and Accommodations

Meeting Site

“Breastfeeding: The Gold Standard” is being held at the beautiful historic Crowne Plaza Hotel in downtown Jackson, located on the corner of Amite and Lamar. The spacious hotel provides an outdoor pool with a panoramic view of Jackson, fitness room and the Bristol Bar & Grill serving breakfast, lunch and dinner. A block of rooms at a special price has been reserved for conference attendees. Room cost is \$79 plus tax, single or double up to four people. Although the block is available until April 7, waiting until the last minute might mean that rooms are not available. Participants are encouraged to make reservations as quickly as possible by calling the Crowne Plaza at (601) 969-5100 or (800)227-6963. Be sure to identify yourself as being with the La Leche League/WIC Breastfeeding Conference. Please note that check-in time is 3 p.m. *We suggest that participants bring a sweater or light jacket to the conference in case the meeting rooms are chilly.*

Meals

The registration fee includes a special dinner on Thursday, April 10, and a luncheon on Friday, April 11. Please indicate on the registration form if you would like vegetarian selections. Refreshments will be available during the breaks on Thursday and Friday.

Breastfeeding Mothers

Quiet infants under six months of age are welcome. Please do not bring older babies or children into the sessions. Should your baby become restless, please respect the needs of your baby as well as other attendees and care for your baby outside the meeting room. For those mothers requiring pumping facilities, there will be a pump room provided on the conference floor. Mothers will need to bring their own pump kits.

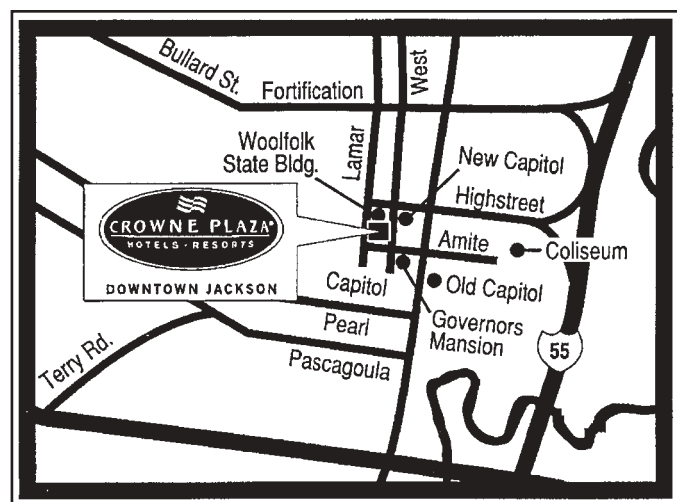
Conference Bookstore

A conference bookstore will offer professional resources

and items from the La Leche League International catalogue, as well as selections available from the conference’s outstanding speakers. The bookstore will accept cash and personal checks as well as VISA and MasterCard. The first 100 registrants to the conference at the healthcare provider rate will receive a coupon worth 20% off selected items in the bookstore.

Transportation and Parking

The Crowne Plaza Hotel is easily accessible by car. Exit I-55 in Jackson at the Pearl Street or High Street exits, then follow the map below to the hotel. Free parking will be available for conference attendees. For those flying to Jackson, a free airport shuttle is also available from the Jackson International Airport.



For More Information

To learn more about the conference, please contact the Mississippi State Department Of Health WIC Program at 1-800-545-6747 or (601) 576-7000. Additional information and a copy of the registration brochure are also available online at www.msdh.state.ms.us/gold



Registration Form — April 10-11, 2003

Breastfeeding: The Gold Standard

Note: Seating space in the breakout sessions is limited! Register early to be sure you get the sessions of your choice. Please understand that session choices will not be entered until full registration payment is received. Refund requests, must be received in writing no later than April 1, for a full refund, less \$15 processing fee. Refunds will be mailed after the conference.

Name: _____ Credentials/Position _____
(as you wish it to appear on name tag)

Address: _____ City _____ State _____ Zip _____

Daytime Phone: _____ Student ID # _____

E-Mail: _____ Fax Number: _____

Please check here if you would like vegetarian meals: _____

This is my 1st, 2nd, 3rd, 4th, 5th, 6th year to attend (circle one).

Check all continuing education units you wish to receive: _____ CME _____ ANA _____ ADA _____ IBCLC _____ SW

Registration costs (check one)

Healthcare Provider rate:

- _____ \$ 150 Full seminar, Thursday and Friday - includes dinner, continental breakfast, luncheon and snacks
_____ \$ 80 Thursday only - includes dinner and snacks
_____ \$ 80 Friday only - includes continental breakfast, luncheon and snacks

Student Rate - for students with valid Student ID, WIC Peer Counselors/Lactation Specialists, La Leche League Leaders and general public (non-healthcare providers) not requiring continuing education credit (cost does not include the discount coupon in the conference bookstore):

- _____ \$ 70 Full seminar, Thursday and Friday - includes dinner, continental breakfast, lunch and snacks
_____ \$ 40 Thursday only - includes dinner and snacks
_____ \$ 40 Friday only - includes continental breakfast, luncheon and snacks

If paying by credit card, please include credit card number, name as it appears on the card, expiration date and an authorizing signature on the lines below:

_____/_____
CREDIT CARD NUMBER EXPIRATION NAME AS IT APPEARS ON CARD

Authorization Signature _____

Please indicate your 1st, 2nd and 3rd choices for Thursday breakout sessions ☐ 101 ☐ 102 ☐ 103 ☐ 104

Please indicate your 1st, 2nd and 3rd choices for Friday breakout sessions

- Breakout 2 ☐ 201 ☐ 202 ☐ 203 ☐ 204 ☐ 205
Breakout 3 ☐ 301 ☐ 302 ☐ 303 ☐ 304 ☐ 305
Breakout 4 ☐ 401 ☐ 402 ☐ 403 ☐ 404 ☐ 405

Mail Registration Form and Payment to:

Breastfeeding: The Gold Standard

Mississippi WIC Program

P.O. Box 1700

Jackson, Mississippi 39215-1700

Make Checks Payable to:

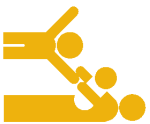
La Leche League of AL/MS/LA

For more information, call

WIC at 1-800-545-6747

Or e-mail wadken@peoplepc.com

Mississippi WIC Program
Post Office Box 1700
Jackson, Mississippi 39215-1700



Mississippi Chapter
American Academy
of Pediatrics



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Dated material

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